



July and August Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Drop in Programs				
8:45 a.m. Tai Chi 9:00 a.m. Pool Cues 9:00 a.m. Beg. Spanish 10:00 a.m. Zumba Gold (July) 11:00 a.m. Ageless Grace (July) 1:00 p.m. Games 1:00 p.m. NewsTalk 2:00 p.m. Yoga: chair	9:00 a.m. Aerobics 9:00 a.m. Int. Spanish 9:30 a.m. Bridge Lesson 10:30 a.m. Muscle Cond. 10:30 a.m. Int. Spanish 1:00 p.m. Bingo 1:00 p.m. 3D Open Studio 1:30 p.m. Swing Band	9:00 a.m. Pool Cues 9:30 a.m. 2D Open Studio 1:00 p.m. Duplicate Bridge	9:00 a.m. Knitting 10:00 a.m. Beg. Tai Chi 10:30 a.m. Mandarin Conversation 11:00 a.m. Tong Ren 11:45 a.m. Tai Chi 1:00 p.m. Games 1:00 p.m. Yoga: chair 1:30 p.m. French Salon 2:00 p.m. Yoga: mats	9:00 a.m. Aerobics 9:00 a.m. Pool Cues 10:00 a.m. Beg. French 10:30 a.m. Muscle Cond. 12:00 p.m. Poker 1:00 p.m. Chess 1:00 p.m. Bingo
<div>July &amp; August</div> <div><b>Bold</b> events require registration.</div> <div>Register for lunch by 11:00 a.m. the previous day; call 617-796-1660.</div>	<div>1</div> <div>11:45.....Lunch BBQ chicken or roast beef with cheddar cheese</div>	<div>2</div> <div>11:30.....<b>July BBQ</b> 11:45.....Lunch 1.....Movie, <i>Saving Mr. Banks</i> 5.....Nia Class <i>No Beyond Balance this week</i></div>	<div>3</div> <div>11:45.....Lunch <i>Independence Day Special</i> Cheeseburger on a roll 12:30.....<b>Ceramics</b></div>	<div>4</div> <div><b>Senior Center Closed</b>  <b>Independence Day</b></div>
<div>7</div> <div>11:45.....Lunch Chicken Marsala or Mediterranean tortellini salad 12:45.....<b>Beyond Balance</b> 1.....Low Vision Group</div>	<div>8</div> <div>10:30.....<b>Theater Workshop</b> 11:45.....Lunch Meatball sub or BBQ chicken with mozzarella</div>	<div>9</div> <div>10:45.....<b>Beyond Balance</b> 11:45.....Lunch Roast pork or turkey with American cheese 12:30.....Easy Walks in MA 5.....Nia Class</div>	<div>10</div> <div>9:30.....Men’s Group@Johnny’s 10:30.....Stroke Support Group 11.....<b>Hearing Screening</b> 11:45.....Lunch Macaroni and cheese or seafood salad 12:30.....<b>Ceramics</b></div>	<div>11</div> <div>9:30.....Health Clinic 11:45.....Lunch Creole fish or roast beef with Swiss cheese 12:30.....<b>“Radio” Remember</b></div>
<div>14</div> <div>10.....<b>iPad Level 1</b> 11:45.....Lunch Lasagna with marinara or seafood salad 12:45.....<b>Beyond Balance</b> 2:30.....Library Program</div>	<div>15</div> <div>10:30.....<b>Theater Workshop</b> 11:45.....Lunch Turkey Divan or California chicken salad 12.....Birthday Celebration 12:30.Dialogue with the Director 1.....<b>Subsidized Housing 101</b></div>	<div>16</div> <div>10.....Senior Bikers 10.....Alderman Danberg 10:45.....<b>Beyond Balance</b> 11:45.....Lunch Sweet potato crusted fish or turkey with Swiss cheese 12:30.<i>What?!</i> All about hearing 5.....Nia Class</div>	<div>17</div> <div>10:30.....Stroke Support Group 11:45.....Lunch Baked chicken with gravy or roast beef with cheddar cheese <i>No Ceramics today</i></div>	<div>18</div> <div>11:45.....Lunch Broccoli mushroom quiche or vegetarian’s chef salad 12:30.....<b>“Radio” Remember</b></div>
<div>21</div> <div>11:45.....Lunch Creamy Italian chicken or egg salad sandwich 12:45.....<b>Beyond Balance</b></div>	<div>22</div> <div>10:30.....<b>Trip: Newburyport</b> 10:30.....<b>Theater Workshop</b> 11:45.....Lunch Salmon with dill or ham and Swiss cheese 6:30...<b>PACT Dinner and Discussion</b></div>	<div>23</div> <div>10:45.....<b>Beyond Balance</b> 11:45.....Lunch Hot dog or tuna salad sandwich 1.....Movie, <i>The Great Beauty</i> 5.....Nia Class</div>	<div>24</div> <div>10.....Newton Men’s Club 10:30.....Stroke Support Group 11:45.....Lunch Lentil stew or turkey sandwich 12:30.....<b>Ceramics</b></div>	<div>25</div> <div>9.....Alderman Norton 11:45.....Lunch Stuffed pepper or chicken salad sandwich 12:30.....<b>“Radio” Remember</b></div>
<div>28</div> <div>11:45.....Lunch Beef stroganoff or seafood salad sandwich 12:45.....<b>Beyond Balance</b></div>	<div>29</div> <div>10:30.....<b>Theater Workshop</b> 11:45.....Lunch Potato crunch fish or turkey and Swiss cheese</div>	<div>30</div> <div>10:45.....<b>Beyond Balance</b> 11:45.....Lunch: <i>Luau</i> Aloha chicken or chef salad with ham 1.....Movie, <i>Enough Said</i> 5.....Nia Class</div>	<div>31</div> <div>10:30.....Stroke Support Group 11:45.....Lunch Roast turkey with gravy or California chicken salad 12:30.....<b>Ceramics</b></div>	<div>1</div> <div>9:30.....Health Clinic 11:45.....Lunch Stuffed shells or cottage cheese plate 12:30.....<b>“Radio” Remember</b></div>
<div>4</div> <div>11:45.....Lunch Chicken Marsala or tuna salad sandwich 12:45.....<b>Beyond Balance</b> 1.....Low Vision Group <i>No Zumba Gold or Ageless Grace</i></div>	<div>5</div> <div>10...Health Dept. Summer Safety 10:30.....<b>Theater Workshop</b> 11:45.....Lunch <i>Summer Barbecue</i> Hamburger and hot dog</div>	<div>6</div> <div>10:45.....<b>Beyond Balance</b> 11:45.....Lunch Florentine fish or chicken salad sandwich 12:30.....Right Sizing</div>	<div>7</div> <div>11:45.....Lunch Swedish meatballs or Mediterranean tortellini 12:30.....<b>Ceramics</b></div>	<div>8</div> <div>11:45.....Lunch Broccoli mushroom quiche or turkey deluxe salad 1:30.....MBTA CharlieCard <i>No bingo or “Radio” today</i></div>
<div>11</div> <div>10.....<b>iPad Level 1</b> 11:45.....Lunch Turkey tetrazzini or tuna salad sandwich 12:45.....<b>Beyond Balance</b> 2:30.....Library Program <i>No Zumba Gold or Ageless Grace</i></div>	<div>12</div> <div>10:30.....<b>Theater Workshop</b> 11:45.....Lunch Sweet potato Pollock fillet or chicken pesto Caesar Salad 9:45.....<b>Trip: Newport, RI</b></div>	<div>13</div> <div>10:45.....<b>Beyond Balance</b> 11:45.....Lunch <i>Summer Special</i> Chicken breast with baked potato 1.....Movie, <i>Dallas Buyers Club</i></div>	<div>14</div> <div>9:30.....Men’s Group@Johnny’s 11:45.....Lunch Meatloaf with gravy or turkey and Swiss cheese <i>No Ceramics today</i></div>	<div>15</div> <div>9:30.....Health Clinic 11:45.....Lunch Tortellini with marinara or seafood salad sandwich 12.....Dialogue with the Director 12:30.....<b>“Radio” Remember</b></div>
<div>18</div> <div>11:45.....Lunch Hot dog or California chicken salad 12:45.....<b>Beyond Balance</b> <i>No Zumba Gold or Ageless Grace</i></div>	<div>19</div> <div>11:45.....Lunch Chicken paprika or chef salad with turkey 12.....Birthday Celebration 1.....<b>Subsidized Housing 101</b></div>	<div>20</div> <div>10.....Senior Bikers 10.....Alderman Danberg 10:45.....<b>Beyond Balance</b> 11:45.....Lunch American chop suey or egg salad sandwich</div>	<div>21</div> <div>11:45.....Lunch Salmon filet with dill sauce or chicken with mozzarella cheese 12:30.....<b>Ceramics</b></div>	<div>22</div> <div>11:45.....Lunch Lentil stew or roast beef with cheddar cheese 12:30.....<b>“Radio” Remember</b></div>
<div>25</div> <div>11:45.....Lunch Veggie burger or ham and American cheese 12:45.....<b>Beyond Balance</b> <i>No Zumba Gold or Ageless Grace</i></div>	<div>26</div> <div>11:45.....Lunch Ginger chicken or tuna salad sandwich 6:30.....<b>PACT Ice Cream Social</b></div>	<div>27</div> <div>10:45.....<b>Beyond Balance</b> 11:45.....Lunch Beef burgundy or chicken patty with mayo 1.....Movie, <i>The Book Thief</i></div>	<div>28</div> <div>10.....Newton Men’s Club 11:45.....Lunch Potato crunch fish or turkey with Provolone cheese 12:30.....<b>Ceramics</b></div>	<div>29</div> <div>11:45.....Lunch Cheese lasagna or egg salad sandwich 12:30.....<b>“Radio” Remember</b></div>